

Juneau Families.org

Parent Resource Bulletin | November, 2017



Craft idea from www.anightowlblog.com

Fun At the Library

Storytime at the library is a way to spend time with your child and has many benefits including getting kids together to enjoy books and reading, participating in groups of their peers, and connecting parents caregivers. Storytime is focused on children ages 3-5 years old, and since kids come in families, all ages are welcome!

Downtown, Wednesday 11:00 am
Douglas, Thursday 11:00 am
Valley, Friday 11:00 am

Toddler Time is a program available to the younger set. It includes movement and songs, stories and fun with no expectation of sitting still! Downtown, Monday 10:00 am (Yes, the library is closed, but the elevator allows entry from 9:45-10:15. They open just for families!)
Valley, Monday 11:00 am

Did you know? Each library has many non-literature resources as well. They include puzzles for small hands, crayons upon request, lacing boards, and some sites even have Duplos, Legos, or a train table! Ask your local librarian for what is available.

Special Children's Events this Month:

Saturday, November 11, Valley Library 1:00 pm:
Story of Ferdinand performed by Linda Rosenthal and Brett Dillingham

Thursday, November 16, Downtown Library 5:30-6:30 pm:
Downtown Family Night featuring Mike Sica of White Pass and Yukon Railroad reading the Little Engine that Could.

Thank You, United Way!

Did you know... the AEYC board dedicates all funds contributed through United Way to the Dolly Parton Imagination Library? Contributing through workplace payroll deductions is one of the easiest ways to give back to our community. If your workplace hasn't had a short presentation yet, please contact the United Way office to set one up. Or you can contribute directly online at www.unitedwayseak.org. You can sponsor a child for a whole year for only \$30! Thanks to United Way Southeast Alaska for being a leading champion of early literacy and the Imagination Library!

Kids in the Kitchen

Pumpkin Hummus for Kids

Serves: 3 Cups
Prep Time: 5 minutes

Ingredients

- 2 cans drained – chickpeas (garbanzo beans)
- 15 ounce – pumpkin, canned
- 2 tablespoon – Tahini
- 2 clove – garlic
- 1 teaspoon – salt
- 1 1/2 tablespoon – lemon juice
- 1 teaspoon – cumin, ground
- 1/4 cup – olive oil
- 1/4 teaspoon – paprika



Directions

Combine all ingredients in a blender or food processor and blend until smooth. Add more olive oil if it's too thick.

To make it look like a pumpkin, make a green stem using snap peas, cucumbers, lettuce or any other green veggie. Serve with crackers and vegetable!

For more recipe ideas like this one visit: www.superhealthykids.com

Child Development Tip

Young children, who already thrive on routines, seem to especially enjoy participating in family traditions. Also, traditions are special times, usually full of love and a sense of closeness and nurturing. Here are some tips to including young children in your family traditions: Remember that it's the journey, not the destination. For example, you and your child/grandchild might have a ball baking a special family recipe together, but then your child/grandchild won't take a bite. The memory of pouring, stirring, mixing and spending time together is more important than the tasting.

To read the full article or to find more resources to support your young ones, visit: <https://www.zerotothree.org/resources/1209-that-was-then-sharing-family-traditions-with-your-grandchildren>

November 2017 What's Going On?

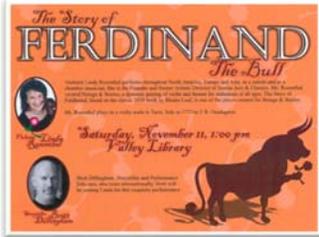
Get out your highlighter and choose the events you want to attend this month!

SPECIAL EVENTS

11/4 Dads n Kiddos Play Group: Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975. ☼

11/9 Support for Mom Group: Juneau Family Health & Birth Center, 5:30-7:30pm. Child care provided with advance notice. Info: 789-1235. ☼

11/10, 11/24 Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information. ☼



11/11 Story of Ferdinand: Valley Library 1:00 pm, performed by Linda Rosenthal and Brett Dillingham. ☼

11/11 Happy Veterans Day!

11/16 Downton Family Night: Downtown Library, 5:30-6:30 pm, featuring Mike Sica of White Pass and Yukon Railroad. ☼

11/23 Happy Thanksgiving!

MONDAYS

Bartlett Beginnings Toddler Play Group: N. Lights Church 400 W. 11th St. 12:15-1:30pm. Parenting support for toddlers ages 1-3. Info: 796-8975. ☼

Toddler Time: Downtown Library 10:00am, Info: 586-5249. Valley Library 11:00am, Info: 789-0125. ☼

Cuentacuentos Infantil: Spanish Storytime: Valley Library, 5:30 pm, Info: 789-0125. ☼

TUESDAYS

New Parents Group: JFHBC 10:30-12:00pm. Ages 0-1. Info: 586-1203. ☼

Children's Life Skills Group: AWARE, 6pm-8pm, Info: 586-6623. ☼

WEDNESDAYS

Women, Infants & Children (WIC) Walk-In Clinic Every Wednesday 9am-6pm: 3245 Hospital Dr. 1st floor. Free nutrition services for income-eligible women who are pregnant, breastfeeding or just had a baby and for children ages 0-5. Info: 463-4099. ☼

Storytime: Downtown Library 11:00am. Info: 586-5249. ☼

THURSDAYS

Storytime: Douglas Library 11:00am. Info: 364-2378. ☼

Bartlett Beginnings Baby Parent Time: BRH Classroom, Robert F. Valliant Bldg. 12-1:30pm. Parenting support for ages 0-1. New topic, baby songs & signs each week. Info: 796-8975. ☼

Fridays

Storytime: Valley Library 11:00am. Info: 789-0125. ☼

MONDAYS-FRIDAYS

Turf for Tots Program: Dimond Park Fieldhouse. Monday-Friday 8am-1pm. \$6/child. Info: 523-4910.

Toddler Time at the Rock Dump: Tues-Thurs, 1310 Eastaugh Way off Thane Rd. 10am-1pm. Info: 586-4982. ☼

Lunch Bunch: Monday-Friday 11:15-1:00. Dimond Park Aquatic Center. For ages 7 years and younger. Info: 586-2782.

Preschool Open Gym: Mt. Jumbo Gym, 909 4th St. 10:30am-12pm. Ages 1-6. \$3/child. 586-5223.

Saturdays

Kindermusik: JFHBC, 10-11. Ages 0-3yr. You must enroll to attend. Info: 586-1203.

☼ means this program is FREE!

Imagination Library Early Learning

BOOK TITLE: Pigs Love Potatoes
AUTHOR: Anika Denise
ILLUSTRATOR: Christopher Denise

SUMMARY OF BOOK:

The first little pig tells his mother he would like a potato. So the mother puts a pot of water on for the potato. Two of her other piglets come and ask for potatoes, so she tells them they have to peel the potatoes. Then dad comes home and wants a potato, and other people start to show up as she is cooking the potatoes. Everyone helps out. Once finished, they sit down and eat.

BEFORE READING (Ask questions and use what the child already knows to add to the discussion, assisting the child in understanding and enjoying the book). Ask:

1. What kind of animals do you see on the farm?
2. What do you think is going to happen in the story?
3. Take a "picture walk" through the book and allow the child to give ideas about what is going to happen.
4. What type of food do pigs eat?

DURING READING: As you read the book talk with the child about the story and the illustrations. Ask questions such as:

1. Why do you think the little pigs put the potato pees on their father's head?
2. How many pigs are peeling potatoes before the dad comes home?
3. Why is one of the little pigs giving the cat some potatoes?

AFTER READING (activity to extend book experience):

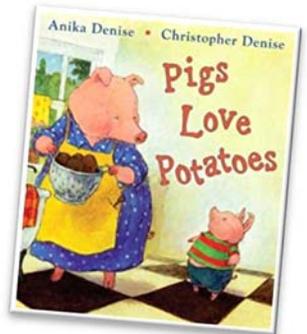
Look for opportunities in everyday activities for children to count:

- count the steps when going up or down
- count the apples when putting them in a bag at the grocery store
- count to 10 while sitting at a traffic light
- count the toys as they are thrown into the bathtub

Compliments of: Rasmuson Foundation.

Created by: Students at the University of Alaska Anchorage.

For more activities visit www.bestbeginningsalaska.org.



BEST BEGINNINGS
Alaska's Early Childhood Investment



Alerts about this bulletin are emailed to families whose children are enrolled in the Dolly Parton Imagination Library. Find this bulletin and many other family resources any time at www.juneaufamilies.org.

The Juneau Parent Bulletin is created by AEYC in coordination with **Partnerships for Families and Children**, with funding support from **thread**. Find us and Like us on Facebook! **AEYC** | 3100 Channel Dr. Ste. 215, Juneau, AK | 907-789-1235 | www.aeyc-sea.org